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17-YEAR-OLD CARLY JACKSON INVITED TO SELECTION CAMP AHEAD OF WORLD CHAMPIONSHIP **PAGE 17**

Left behind: Mall patrol helps pets in the dog days

Mic Mac Mall cracking down on owners who leave animals in the car to go shopping **PAGE 5**

Dartmouth man shot in robbery attempt: Police

Police search for two suspects after 50-year-old man shot near Albro Lake, hospitalized **PAGE 3**

Police arrest man they say murdered boy, grandparents

Airdrie man in custody as family prays police are wrong about fate of Calgarians last seen on June 29 **PAGE 7**



SWEET, SWEET SUCCESS

Alyssa Buchanan, manager of Sweet Jane's, poses in front of a wall of jellybeans at the Doyle Street location on Monday. Thanks to booming business, the popular candy and toy store will soon be expanding and moving to a new, larger location on Queen Street. Full story, page 4. **HALEY RYAN/METRO**

Police seek man in 2004 slaying of Kevin Bowser

Charges laid. Canada-wide warrant issued for 'armed and dangerous' Shilo Beals

Major crime investigators in Halifax have laid charges in a 10-year-old murder and are on the hunt for a Cherry Brook man who's still at large.

A Canada-wide warrant was issued Monday for Shilo Marcino Beals, 31, in connection with the death of Kevin James Bowser in July 2004.

"He is considered armed and dangerous and we certainly caution people about approaching him," said RCMP Insp. Trish MacCormack on Monday. "Should anyone see him, they should contact their nearest police department."

Police received a report of gunshots on Uniacke Street

around 10 p.m., July 10, 2004. Responding officers found Bowser suffering from gunshot wounds near 5446 Uniacke St. The 28-year-old father of three died shortly afterwards.

Beals is now facing a charge of first-degree murder and six weapons-related charges, all related to Bowser's death.

MacCormack indicated that Beals had been a person of interest in the case for some time.

She said Monday's charges weren't the result of any advancement in technology or investigative techniques.

"It's really the persistence of the investigators involved that led us to where we are today," she said. "Many times we're faced with challenges of people who know what happened and are not speaking or not coming forward to the police, so I credit that to the investigators."

MacCormack said she didn't know whether Bowser and



Shilo Marcino Beals
COURTESY HALIFAX POLICE

Beals were known to each other. She said police made the decision to lay charges after hunting for

Beals without success.

"We believe he's in the Halifax area," she said. "We've attempted to locate him without success, so the next best step was to put out a Canada-wide warrant for his arrest."

Bowser had a criminal record, and Beals is known to police.

Bowser's homicide is included in the provincial Rewards for Major Unsolved Crimes list, but MacCormack said she didn't know whether anyone would get a reward related to the charges being laid.

RUTH DAVENPORT/METRO



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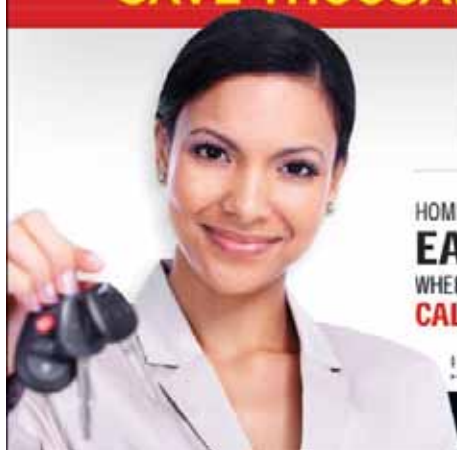
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Cops unsure if Dartmouth shooting was random act

Albro Lake area.

Man seriously hurt after robbery attempt results in gunfire

DESIREE
FINHERT

halifax@metronews.ca

Police say it's too early to determine whether an early morning shooting in a Dartmouth neighbourhood on Monday was a random act.

Halifax Regional Police were called to the Albro Lake area around 2:15 a.m. when a gun shot was heard.

Police said a 50-year-old Dartmouth man was walking on Lahey Road when two men came up to him and demanded he hand over his belongings.

They struggled, and then one of the assailants shot the victim in the chest, police said.

The victim ran up the driveway at 50 Lahey Rd. calling for help as the two suspects ran away. The victim was taken to hospital with life-threatening



A photo of 50 Lahey Rd. in Dartmouth where a man was found outside with a gunshot wound following a mugging attempt early Monday. DESIREE FINHERT/FOR METRO

injuries.

"It's not something we're seeing every day," police spokesman Const. Pierre Bourdages said of the shooting. "Unfortunately some people are

carrying weapons."

Police were unable to speak to the victim on Monday, and therefore had few details about what happened and the suspects' description.

The suspects are only described as one white man and one black man.

Bourdages said it's too early to say whether this is a random act, or whether the people in-

Looking for info

Anyone with information on the shooting is asked to contact police or Crime Stoppers.

volved knew each other.

"It's still under investigation," said Bourdages. "We still have to canvass the area, and we have no description of the suspects."

Police stayed on the scene until 7:30 a.m. Monday.

"That's very sad," said Manny Sparks as he fixed his daughter's car in her driveway just a few feet from where the victim was shot. "That's not right at all."

Sparks, of Pinecrest Drive, said he's lived in Dartmouth most of his life.

He said the robbery-turned-shooting doesn't bother him.

"Probably the person who got shot wasn't living in the area," he said. "It would never happen to people who live in the area. I think this neighbourhood is pretty safe."

Hope Blooms' salad dressing fit for a prince

The young members of Hope Blooms can add a prince to their growing list of fans.

Last week, the group of community-garden experts and dressing makers from the north end received a letter from the Prince of Wales, thanking the kids "most warmly" for the bottles of salad dressing they presented

him with when he visited the Seaport Farmers' Market in May.

"We were shocked," said Jessie Jollymore, dietitian and Hope Blooms lead on Monday.

The kids of Hope Blooms grow fruits and vegetables in a large garden and greenhouse for community dinners, soup programs and salad dressings.

Part of the proceeds from the dressings goes toward a scholarship fund.

Jollymore said Prince Charles was "so personable" when he met the youth with his wife Camilla — and, although the group had been told they should not ask questions, he shook everyone's hand and chatted with them.

The prince said he was glad to meet the group because he has a personal interest in youth social enterprises and world food security, Jollymore said.

"That allows the kids to think, 'Wow, somebody that important thinks that what we're doing is important?'" Jollymore said. **HALEY RYAN/METRO**



Prince Charles. GETTY IMAGES

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1 NEWS

Sweet Jane's standin' on the corner of Queen and Morris

Candy shop packing its suitcases. New location means more space, plus a 'secret' surprise



HALEY RYAN
haley.ryan@metronews.ca

A downtown Halifax candy store will soon be moving to a new location, and manager Alyssa Buchanan says the change is mint to be.

After 12 years on Doyle Street behind Spring Garden Road, Sweet Jane's is taking a short hop to the corner of Queen and Morris streets across from Atlantic News.

"The time is right. It's something we've been looking into for a while," Buchanan said Monday in the original store, surrounded by candy, retro toys and chocolate.

The new 1,835 square-foot space is nearly 50 per cent larger than the old one, Bu-

chanan said, which is a "huge bonus" that will allow them to add more products on the shelves and a proper storage room.

Buchanan said the old location couldn't keep a backlog of inventory from their suppliers in the United States and U.K. because there was no place to put everything, leading to wait times for products such as Vanilla Coke, which often sell out fast.

The new location comes with better parking in the area, Buchanan said, and should bring in more foot traffic.

"You can just look down (from) Spring Garden and see us, as opposed to around the corner," Buchanan said, adding families who drop by for a treat after visiting the old library can do that at the new central location.

In a time when many retail stores in Halifax are struggling, Buchanan said owner Janet Merrithew searches for a "variety" of products

Sweet move

"As much as we've loved being here for over a decade, it's a nice, fresh change."

Manager Alyssa Buchanan

that will draw in both kids and adults, and the special-requests list allows shoppers to ask for something Sweet Jane's might bring in.

"People come to us, they're looking for candy, that's what we should know. It's that customer service ability," Buchanan said.

The old location will close at the end of July, and Buchanan said they hope to have the Queen Street location open at the beginning of August when they can reveal a "secret" part of the store.

"It will complement what we do, but it will be a brand-new thing for us, which we hope will be really fun and exciting," Buchanan said.



Sweet Jane's manager, Alyssa Buchanan, said Monday the new location will have more storage space for things like multiple cases of Vanilla Coke, since they usually sell out as soon as cans hit the shelves. HALEY RYAN/METRO

Ruling will be focus of Assembly of First Nations

Native leaders are expected to discuss the implications of the Supreme Court's recent decision granting aboriginal title for the first time when they meet this week in Halifax for the annual meeting of the Assembly of First Nations.

Ghislain Picard, the regional chief for Quebec and Labrador, said there is a need to understand the ruling and what it means for other First

Nations in Canada.

"There are many opinions out there on what this decision says and how it impacts — or should impact — the way that we look at the relationship between ourselves as First Nations and the Crown," Picard said.

"To me this case is really major in terms of how we determine the process forward."

Late last month, the Su-

preme Court ruled unanimously to award 1,700 square kilometres of territory to B.C.'s Tsilhqot'in First Nation, providing long-awaited clarification on how to prove aboriginal title. The ruling also formally acknowledged the legitimacy of indigenous land claims to wider territory beyond individual settlement sites.

"It's a strong signal from

the Supreme Court that the rights of aboriginal people have to be taken very seriously ... and not assumed that of course they have to bend to whatever government or industry wants to do," said Roger Townshend, a Toronto lawyer who specializes in aboriginal law.

Since the 1970s, the courts have said aboriginal title exists, but have shied away

from defining it. Acknowledging the existence of aboriginal title is poised to change how governments and industry go about developing projects on land to which an aboriginal group lays claim, Townshend said.

"When a First Nation has proven title ... it's not consultation and accommodation anymore," he said. "You need to have the consent of a First

Other business

The assembly is also expected to determine the process for selecting a new leader after former national chief Shawn Atleo stepped down in May following a five-year term.

Nation to be on the land."
THE CANADIAN PRESS

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Mic Mac Mall in Dartmouth, shown here on Monday, is now having people perform weekend patrols, looking for dogs left in hot cars. DESIREE FINHERT/FOR METRO

Mall hoping owners will smarten up, doggone it!

Pet Patrol. Mic Mac Mall hired people to look out for dogs in hot cars after police reported this continues to happen

In light of recent Halifax police reports of too many dogs being left in hot cars, Mic Mac Mall is taking the proactive approach to spot pooches in distress.

The Dartmouth mall has hired what it's dubbed Pet Patrol people to stroll its parking lot on weekends looking for any animals in distress.

"Essentially, it's a monitoring program to make sure that no pet is left unattend-

By the numbers

178

The number of dogs left in hot cars between June 1 and July 14, according to Halifax Regional Police.

25

The number of dogs left in hot cars between July 8 to July 14, according to Halifax Regional Police.

ed," general manager Chris Keillor said. "It really comes down to people shouldn't be leaving pets unattended on hot days."

Pet Patrol started last Saturday and is to continue each weekend in the summer until the weather gets cooler in

the fall. During the week, the regular security staff monitor the mall's parking lot.

Keillor didn't know if there were any incidents of dogs trapped in vehicles over the weekend.

"We page the owners of the car," he said of how the system works "That's the first thing. We call police if we have to."

The added security is getting positive response from shoppers and dog owners.

"I think it's a great idea because it rescues these animals who shouldn't have been left there in the first place," said Donna MacDonald outside of Target.

"I have two dogs myself and I wouldn't do that to them. I don't think that's the place. Leave your dogs at home

if you're going shopping."

Clyde Wareham said he sees dogs and cats left in cars all the time, with the windows open about an inch.

"They should take the dog or cat in with them, or leave it at home, or put it in a kennel," Wareham said as he waited outside in his car in the Mic Mac Mall parking lot.

Halifax Regional Police also approve of the pooch patrol.

"Anything that can prevent a potentially fatal outcome, for pets and children, it's a good step in the right direction," said spokesman Const. Pierre Bourdages. "At least we know we have someone there with eyes on cars."

"If there is a need for police then we would be called."

DESIREE FINHERT/FOR METRO

Suspected animal abuse

Man charged after allegedly killing cat in Truro

Police in Nova Scotia say a 29-year-old man has been charged after he allegedly attacked and killed a cat in Truro. Officers say they were called on Saturday morning

after a witness reported seeing a man pick up a cat by the hind legs, lift it over his head, and slam the animal on the ground. Police say the cat died.

According to investigators, the man is facing charges related to injuring or endangering an animal.

He's scheduled to appear in court in August.

THE CANADIAN PRESS

Nova Scotia Power

Crash left more than 1,000 without power

More than 1,000 customers were without power Monday morning after a garbage truck struck a utility pole in Halifax.

Police were called to a

gas station on Quinpool Road after the truck hit the power pole.

Nova Scotia Power says about 1,200 customers lost power in the area, but electricity was restored later.

Police say a section of Quinpool Road was closed as power crews fixed the damaged pole and downed lines.

THE CANADIAN PRESS

Halifax PRIDE
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Woman dies in hospital, after tour bus crashes on Cabot Trail

South of Neil's Harbour. Four people airlifted to hospitals, fire chief says

A charter bus company is offering its condolences after one of its buses crashed on the Cabot Trail highway in Nova Scotia, killing a woman and injuring other passengers.

Dale McMichael, vice-president of Executive Coach Inc., said the company, based in Lancaster, Pa., was working closely with police to determine what happened.

"Safety has always been and continues to be our top priority," McMichael said in a statement.

"While we cannot change what happened, we pledge our assistance to the family of the victim and survivors in

the days and weeks ahead."

The RCMP said 10 people were injured when a bus carrying 20 passengers along the road in Cape Breton hit the ditch Sunday afternoon and landed on its side about three kilometres south of Neil's Harbour.

Greg Organ, chief of the Neil's Harbour-New Haven Volunteer Fire Department, said four people were airlifted to hospitals across Cape Breton. Police said at least three passengers suffered serious injuries and two were taken to Halifax to be treated.

Organ said the crash happened on a section of the highway that is accessible to firefighters.

"There are many, many places where, if the bus went off the road, it would be a recovery," Organ said, describing the numerous steep slopes along the scenic high-

land highway.

Cpl. Scott MacRae said passengers on the bus ranged in age from 40 to 80. The woman who died was 70, said police.

The Cabot Trail, a route popular with tourists, was closed to public access Sunday afternoon while police, fire and medical crews responded to the crash. The bus was removed and the trail was reopened to traffic later that evening.

The cause of the crash is still under investigation. Police said the findings of a motor vehicle inspection of the bus were under review.

THE CANADIAN PRESS

Passengers

All the tourists on the bus are believed to be from the United States.



A bus that crashed on the Cabot Trail Sunday lays on its side in a ditch. CAPE BRETON POST



Regional Development Charge Implemented

Following a public hearing held December 2-5, 2013 by the Nova Scotia Utility and Review Board, Regional Development Charges (RDCs) were approved and became effective July 14, 2014. The RDCs provide a fair and equitable fee structure to cover the costs associated with adding additional capacity to the water and wastewater infrastructure resulting from new development. The RDCs are payable at the building permit stage through HRM's Customer Service Centres.

Urban Core (all areas within HRM with central wastewater service) - Wastewater

Type of Development	July 14, 2014	April 1, 2015
Single Unit Dwelling/Townhouses	\$2,853.90/unit	\$4080.80/unit
Multiple Unit Dwelling	\$1,812.42/unit	\$2,740.84/unit
Industrial/Commercial/Institutional Building	\$1.25/sq.ft.	\$1.93/sq.ft.

Urban Core (all areas within HRM with central water service) - Water

Type of Development	July 14, 2014	April 1, 2015
Single Unit Dwelling/Townhouses	\$91.44/unit	\$182.88/unit
Multiple Unit Dwelling	\$61.42/unit	\$122.83/unit
Industrial/Commercial/Institutional Building	\$0.04/sq.ft.	\$0.09/sq.ft.

Aerotech (all areas in the Aerotech Business Park and HIAA with central wastewater)

Type of Development	July 14, 2014	April 1, 2015
ICI (per sqft)	\$2.68/sq.ft.	\$5.06/sq.ft.

For more information on the Regional Development Charge (RDC), please visit <http://www.halifax.ca/hrwc/RegionalDevelopmentCharge.php>, contact engineeringapprovals@halifaxwater.ca, or call 902-490-4820.

Accused murderer, stabbed in jail, is out of hospital

The victim of a brutal knife attack at the Burnside jail last month has been released from hospital and is being held in a maximum security unit until his next court appearance.

The lawyer for Thomas Ted Barrett, 39, of Glace Bay, told a Sydney provincial court Monday his client is continuing to recover from injuries sustained in a June 21 attack inside the Central Nova Scotia Correctional Facility in Dartmouth.

Five men are facing charges of attempted murder, aggravated assault, and assault

with a weapon, in connection with the attack on Barrett.

Barrett is believed to have suffered more than 40 stab wounds, in addition to being kicked and punched.

At one point during treatment, he was placed in an induced coma to reduce swelling



Thomas Ted Barrett
CAPE BRETON POST

on the brain.

Dartmouth defence lawyer Brian Bailey along with prosecutors Kathryn Pentz and Diane MacGrath are due back in provincial court Sept. 15 for a preliminary hearing on charges of armed robbery and breaching an order of the court.

The robbery charges relate to incidents taking place on May 2012 at a bank and a jewelry store in Sydney.

Barrett is also facing two charges of second-degree murder in relation to the deaths of two women. CAPE BRETON POST

Queensland Beach

Man charged for impaired driving on Sea-Doo

RCMP say an Enfield man is facing charges after he drove a Sea-Doo while intoxicated near Queensland Beach.

On Sunday around 3:30 p.m., officers were called to the beach after a citizen reported a man driving "recklessly" near the shore close to swimmers.

Spokesman Cpl. Scott MacRae said RCMP located a man near his Sea-Doo on the shore and determined he was the driver. They believed he had been drinking, but when they asked for a breath sample he refused and was arrested.

"The activity in itself can be dangerous without the added impairment by alcohol," MacRae said Monday.

"It makes you fail to realize how fast you're going, or are you in total control ... and these vehicles can go at high rates of speed."

The 28-year-old Enfield man faces charges of impaired operation of a motor vehicle and failure to provide a breath sample, said MacRae.

MacRae said RCMP are encouraging the public to report boating incidents because police "can't be on every waterway in Nova Scotia all the time."

"Somebody could have been struck by this watercraft, and a serious injury could have occurred or worse," he said.

HALEY RYAN/METRO

Israel, Hamas consider Egypt's ceasefire plan

At least 185 dead. Israel launched an offensive in Gaza on July 8, saying it was responding to weeks of rocket fire from Hamas

Egypt presented a ceasefire plan Monday to end a week of heavy fighting between Israel and Hamas militants in the Gaza Strip that has left at least 185 people dead, and both sides said they were seriously considering the proposal.

The late-night offer by Egypt marked the first sign of a breakthrough in international efforts to end the conflict.

Hamas' top leader in Gaza confirmed there was "diplomatic movement," while Israel's policy-making Security Cabinet was set to discuss the proposal early Tuesday. Arab foreign ministers discussed the plan Monday night at an emergency meeting in Cairo, and U.S. Secretary of State John Kerry was expected in the region Tuesday.

Egypt's Foreign Ministry announced the three-step plan starting at 9 a.m. (0600 GMT, 3 a.m. ADT) with a cease-fire to go into effect within 12 hours of "unconditional acceptance" by the two sides. That would be followed by the opening of Gaza's border crossings and talks in Cairo between the sides within two days, according to the statement.

Gaza's crossings should be opened for people and goods "once the security situation becomes stable," according to



Palestinians walk on the rubble of a house following an overnight Israeli missile strike in Rafah, southern Gaza Strip. LEFERIS PITARAKIS/THE ASSOCIATED PRESS

a copy of the proposal obtained by The Associated Press.

Israel launched the offensive July 8, saying it was a response to weeks of heavy rocket fire out of Hamas-ruled Gaza. The Health Ministry in Gaza said 185 people, including dozens of civilians, have been killed, and more than 1,000 people wounded.

There have been no Israelis killed, although several have been wounded by rocket shrapnel, including two sisters, ages 11 and 13, who were seriously hurt Monday. Ahead of the

Egyptian announcement, there appeared to be no slowdown in the fighting, with Hamas for the first time launching an unmanned drone into Israeli airspace that was shot down.

Egypt Foreign Minister Sameh Shukri said there is "no alternative but return to the truce" of November 2012, and added that Egypt contacted all the parties, including the Palestinian leadership, different Palestinian factions, and Israeli authorities in addition to Arab and international parties.

THE ASSOCIATED PRESS

Analysis



Placards lie on the ground in Beirut after a protest against the Israeli offensive in Gaza on Monday.

HUSSEIN MALLA/THE ASSOCIATED PRESS

Hamas sends first drone into Israel

A Hamas drone launched Monday into Israel marked the Islamic militant group's latest effort to catch the Israeli military off-guard. But like the others, it had little impact on the battlefield.

Israel shot down the drone. Still, the drone represented a new level of sophistication for Hamas, and Israel said it was taking the threat seriously. It was the first time Hamas has launched a drone into Israel, though military officials say they knew the group has had the technology for some time. Israeli airstrikes in the past have targeted suspected drone facilities in Gaza.

Malala asks for missing girls' return

The Pakistani teen who survived a Taliban assassination attempt in 2012 marked her 17th birthday Monday with a visit to Nigeria and urged Islamic extremists to free the 219 schoolgirls who were kidnapped there, calling them her "sisters."

Malala Yousafzai, who has become an international symbol for women's rights in the face of hard-line Islam, said Nigeria's president promised to meet for the first time with the abducted girls' parents.

"My birthday wish this year is 'Bring Back Our Girls' now and alive," she said, using the social media slogan that has been picked up around the

world to demand freedom for the girls, who were abducted by the extremist group Boko Haram in April from a school in the remote northeast Nigerian town of Chibok.

Malala appealed directly to their captors as she held hands with some of the girls who escaped.

"Lay down your weapons. Release your sisters. Release my sisters. Release the daughters of this nation. Let them be free. They have committed no crime." She added: "You are misusing the name of Islam ... Islam is a religion of peace."

Malala also spoke against the custom of child brides in her home country, a tradition



Pakistani activist Malala Yousafzai, left, poses for a photo with Nigerian President Goodluck Jonathan in Abuja, Nigeria on Monday. THE ASSOCIATED PRESS

common in Nigeria, too. Boko Haram has threatened to sell some of the girls as brides if its fighters are not freed.

THE ASSOCIATED PRESS

Boko Haram bombs bridge

Suspected Islamic extremists bombed a major bridge on a northeast Nigerian highway, further limiting access to base camps in the Sambisa Forest where scores of kidnapped girls are believed to be held captive, witnesses and the leader of a group fighting Boko Haram said Monday. Gunmen destroyed most of the bridge on the road between Maiduguri and Biu on Saturday night, the spokesman for the Nigerian Vigilante Group, Abbas Gava, told The Associated Press.

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Ukraine blames Russia after plane shot down

Keeping mum. There was no immediate comment from Russia on the plane

A Ukrainian military transport plane was shot down Monday along the country's eastern border with Russia but all eight people aboard managed to bail out safely, the defence ministry said.

Separatist rebels in conflict-wracked eastern Ukraine claimed responsibility for downing the Antonov-26, but Ukrainian officials swiftly ruled that out and blamed Russia instead.

There was no immediate comment from Russia on the plane.

In the last two weeks, the government has halved the territory in eastern Ukraine held by pro-Russia separatists, who have been forced back into the cities of Luhansk and Donetsk. Many in the armed

SAM-6 missiles

Charles Heyman, a defence analyst in London, who edited a book called *Armed Forces of the European Union*, said the aircraft was probably shot down using SAM-6 missiles likely fired by the Ukrainian rebels.

- "I doubt the transport plane was flying at 6,500 metres. That doesn't make sense. The higher you fly, the more it costs, and the plane would have had to be pressurized," Heyman said.

insurgency are known to be Russian nationals, but Moscow says they are simply citizens who went to fight in Ukraine on their own.

Defence Minister Valeriy Heletey said the plane was flying at an altitude of about 6,500 metres, which he said was too high to be reached

with the weapons used by the separatists. Rebels are known to have Igla portable surface-to-air missiles, which work up to about 3,500 metres.

Ukraine's Security Council spokesman Andrei Lysenko said data from the plane's crew suggested the rocket was either a surface-to-air Pantsir missile or a missile fired by a plane from Russia's Millerovo Air Force base.

Fighting intensified around Luhansk, meanwhile, as government forces stepped up efforts to disrupt rebel lines and reclaim more territory.

The Defence Ministry said Monday that government troops had retaken several villages around Luhansk — including Metalist, Oleksandrivsk, Bile and Rozkishne — and had reopened a corridor to its civilian airport. Those areas are north, west and south of the city, suggesting the government's plan to form a security cordon around Luhansk is yielding results.

THE ASSOCIATED PRESS



Protesters take on warship deal with Russia

A protester shouts slogans on Monday as she holds a poster depicting Russian President Vladimir Putin swimming in front of a Mistral-class warship, during a demonstration in front of the French ambassador's residence in Kyiv, Ukraine. Some 300 people protested against a 2011 contract with France to build two Mistral-class helicopter carriers for the Russian Navy, a \$1.6 billion US deal, despite U.S. objections to the project.

SERGEI SUPINSKY/AFP/GETTY IMAGES

Military role

Heading to Ukraine

About 120 Canadian soldiers

leave for eastern and central Europe today as part of a continuing show of support for Ukraine.

The military would not give a specific destination for the troops.

The soldiers, from the 3rd Battalion, The Royal Canadian Regiment, will relieve a contingent from the 3rd Battalion, Princess Patricia's Canadian Light Infantry. **THE CANADIAN PRESS**



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A memorial cropped up on the front lawn at the Parkhill-area home of Alvin and Kathryn Liknes in Calgary. The couple, along with their five-year-old grandson Nathan O'Brien, went missing two weeks ago. JEREMY NOLAIS/METRO IN CALGARY

Police arrest man, say missing trio murdered

'Glimmer of hope' fades. Calgary police believe five-year-old Nathan O'Brien, Alvin Liknes and wife Kathryn Liknes were killed



JEREMY NOLAIS
Metro in Calgary

Three-year-old Gabriel Potter dropped a bouquet of flowers Monday on a makeshift memorial for Calgary youngster Nathan O'Brien and his grandparents, Alvin and Kathryn Liknes. Any "glimmer of hope" that the missing trio would be found alive appears to have faded.

Young Gabriel had offered in recent days to hop aboard his "Super Thomas" bike and join in the search for five-year-old Nathan, who was last seen with the Likneses at their Parkhill home on June 29.

After two weeks and few clues released publicly, Calgary police said Monday they now believe the three were murdered and expected to lay charges against a suspect, who is from Airdrie, north of Calgary.

The news was heartbreaking for Gabriel's mother, Joscelyn Potter, and millions of others who'd followed the case.

"As parents, you see your child in it and empathize, but you certainly cannot to begin to comprehend what their days must be like," Joscelyn said.

Quoted

"I think it's safe to say that, even as the days went by, there's always a hope — there's always a glimmer of hope — and, unfortunately, with the laying of the charges, we've taken that hope away from the family."

Calgary Chief of Police Rick Hanson, on the fading 'glimmer of hope' that the missing trio would be found alive.

Family members had issued public pleas for the safe return of their loved ones. Now, they will be left to prepare memorials as the search for the bodies of the Liknes couple and young Nathan continued.

"I love my sister, she was a great gal," said Randy Prevost, Kathryn's older brother. "Always a good girl, man, heartwarming. She was always there to help — just that kind of person."

At the Liknes home, Gabriel's flowers were joined by stuffed animals, candles and messages of hope as a steady stream of grieving friends and complete strangers alike stopped to pay their respects.

Calgary Mayor Naheed Nenshi and Prime Minister Stephen Harper also expressed their condolences.

Nenshi said he was "terribly saddened."

"My heart goes out to the Liknes and O'Brien families, and I know that they will continue to have the support they need from all of us at this very difficult time," he said in a statement.

Police Chief Rick Hanson said his investigators never

Suspect in custody

Hanson said he couldn't identify the suspect until he'd appeared before a justice of the peace, but family members told Metro they'd learned early Monday that Douglas Garland, the lone identified "person of interest" in the investigation, had been re-arrested.

- Garland had previously been taken into custody July 4 and released Friday on \$750 bail after spending a week behind bars on unrelated identity theft charges. He was ordered to stay in transitional housing and obey a strict curfew from 9 p.m. to 7 a.m.

gave up on finding the trio alive until Sunday when they met to go over all the evidence that had been compiled during searches of the Liknes residence, an Airdrie acreage and several Calgary landfills.

WITH FILES FROM ROBSON FLETCHER/METRO IN CALGARY AND THE CANADIAN PRESS

Khadr loses bid to toss convictions

Canada's Omar Khadr lost his bid to have his war-crimes convictions tossed, after the U.S. government argued a previously secret memo that raised questions about the legal underpinnings of his prosecution was irrelevant to his case.

The decision by the military commission appeals court — which has so far refused to hear arguments on the merits of Khadr's appeal — means the former Guantanamo Bay prisoner will have to wait even longer to make his case to a regular American court.

Also Monday, the U.S. Circuit Court of Appeals for the District of Columbia set aside two of three convictions against Ali Hamza al-Bahlul, who did media relations for terrorist mastermind Osama bin Laden.

The court found the military commission did not have the authority to try him for conduct that wasn't considered a war crime before 2006.

Khadr's lawyers have made similar arguments and the military commission appeals court was waiting for the al-Bahlul decision before holding any hearings on the Canadian's appeal.

It was not immediately clear how the decision might affect Khadr's case.

Last week, the Alberta Court of Appeal ruled his eight-year sentence amounted to a youth sentence, and ordered he serve his time in a provincial jail. Ottawa is appealing to the Supreme Court.

In prosecuting Khadr, the Pentagon maintained he had violated long-standing Amer-



Omar Khadr appears in court on Sept. 23, 2013 in an artist's sketch. AMANDA MCROBERTS/THE CANADIAN PRESS

ican "common law of war" by taking up hostilities against U.S. forces in Afghanistan.

Khadr's lawyers argued a detailed Department of Justice legal memo produced in July 2010 made no mention of any such body of law, suggesting it doesn't exist. THE CANADIAN PRESS

San Fermin festival

Bull gores three men in Pamplona

A bull gored two Australians and a Spanish man, spreading panic in a hair-raising final running of the bulls at Spain's San Fermin festival Monday in Pamplona.

There were spine-chilling moments when one bull separated from the pack and charged three runners, pinning them against walls and barriers while trying to gore them.

Five Spaniards were also hospitalized for other injuries. The morning runs are the highlight of the nine-day festival, also portrayed in Ernest Hemingway's novel *The Sun Also Rises*.

THE ASSOCIATED PRESS

Florida

Two cops tied to KKK, report says

A city official says two police officers in Florida are no longer with the department after a law enforcement report tied them to the Ku Klux Klan.

Fruitland Park City Manager Gary La Venia said Monday that Deputy Chief David Borst resigned and Officer George Hunnewell was fired.

La Venia says the small city has been rocked by the allegations. The accusations surfaced in a report from the Florida Department of Law Enforcement.

THE ASSOCIATED PRESS

Cost of \$2 billion US

Costa Concordia off to scrapyard

The shipwrecked Costa Concordia was successfully refloated Monday in preparation to be towed away for scrapping, 2-1/2 years after it struck a reef and capsized, killing 32 people.

Floating the Concordia to Genoa, where it will be scrapped, will cost a total of \$2 billion US, Costa Crociere CEO Michael Tamm said.

"The operation began well, but it will be completed only when we have finished the transport to Genoa," Italian Environment Minister Gian Luca Galletti told reporters Monday.

THE ASSOCIATED PRESS

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Atlantic City. House that dodged Trump's parking lot goes up for auction

A former boarding house at the centre of a David and Goliath battle between an elderly woman and Donald Trump is going up for auction.

In the 1990s, Trump had wanted to tear down Vera Coking's building and convert the land into a parking lot for his Trump Plaza Hotel and Casino. Coking fought the state Casino Reinvestment Development Authority from condemning the property through eminent domain. The state Supreme Court sided with her in 1998, ruling the redevelopment agency could not seize the lot.

Much has changed since. Coking, a widow who is now 91, has moved to California. Atlantic city's real estate market is sagging, as is its casino business. Trump Plaza may close in September.

The now-vacant 29-room boarding house has been listed for \$995,000 since September. The starting bid for the July 31



Vera Coking's rooming house in Atlantic City, N.J. THE ASSOCIATED PRESS

auction is \$199,000.

"The fact that she trumped Trump — that was the story," real estate agent Nate Chait told The Press of Atlantic City.

"I give her credit for standing up for what she believed in," he said. "She didn't want to leave her home, and money wasn't going to buy her out. Whatever people think about that, it's admirable she held her ground and prevailed."

THE ASSOCIATED PRESS

Medicines. Measuring by the spoonful more likely to result in wrong doses

The song says a spoonful of sugar helps the medicine go down, but a study says that kind of imprecise measurement can lead to potentially dangerous dosing mistakes.

The results, published online Monday in *Pediatrics*, underscore recommendations that droppers and syringes that measure in millilitres be used for liquid medicines — not spoons.

The study involved nearly 300 parents, mostly Hispanics, with children younger than

nine years old. The youngsters were treated for various illnesses at two New York City emergency rooms and sent home with prescriptions for liquid medicines, mostly antibiotics.

Parents who used spoonfuls "were 50 per cent more likely to give their children incorrect doses than those who measured in more precise millilitre units," said Dr. Alan Mendelsohn, a co-author and associate professor at New York University's medical school.

THE ASSOCIATED PRESS

Church of England to allow female bishops

Long dispute. Vote in favour of move marks a 20-year process since ordination of first female priests

The Church of England ended one of its longest and most divisive disputes Monday with an overwhelming vote in favour of allowing women to become bishops.

The church's national assembly, known as the General Synod, voted for the historic measure, reaching the required two-thirds majority in each of its three different houses. In total, 351 members of the three houses voted in favour of the move. Only 72 voted against and 10 abstained.

Archbishop of Canterbury Justin Welby said the long-awaited change marks the completion of a process that started more than 20 years ago with the ordination of women as priests. He called for tolerance and love for those traditionalists who disagree with the decision.

"As delighted as I am for the outcome of this vote I am also mindful of those within the church for whom the result will be difficult and a cause of sorrow," he said in a statement.

British Prime Minister David Cameron called it a "great day for the Church and for equality."

Opponents argued that allowing women into such a senior position in the church goes against the Bible. Others



The Archbishop of Canterbury, Justin Welby, second right, arrives for the General Synod meeting at The University of York, with other members of the clergy, in York, England, on Monday. LYNNE CAMERON/THE ASSOCIATED PRESS

warned that the church should not be guided by secular ethics.

Lay member Lorna Ashworth, who did not support the move, said the church has entered new territory. "This is something we have to work out as we go along," she said.

The Church of England represents diverse religious groups from conservative evangelicals to supporters of gay marriage. Major changes can take even decades to bring about.

THE ASSOCIATED PRESS

A big deal

The Church of England was established by King Henry VIII who appointed himself as its head in 1534. The government still formally appoints the Archbishop of Canterbury, the spiritual leader of the church, and Queen Elizabeth II serves as its supreme governor.

Parliament maintains a role in church affairs, and will be called upon to ratify

the female bishop legislation. Some 26 bishops are allocated seats in the House of Lords.

The Church of England is part of the global Anglican Communion with 77 million members in more than 160 countries. The Episcopal Church in the United States was the first member to have a female bishop and is now led by a woman.

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Could you be allergic to your iPad?

Itchy and scratchy show.

Apple's tablet computer and other tech devices may contain nickel, leading to a rash for those with an allergy

Unexplained rash? Check your iPad. It turns out the popular tablet computer may contain nickel, one of the most common allergy-inducing metals.

Recent reports in medical journals detail nickel allergies from a variety of personal electronic devices, including laptops and cellphones. But it was an Apple iPad that caused an itchy body rash in an

11-year-old boy recently treated at a San Diego hospital, according to a report in Monday's Pediatrics.

Nickel rashes aren't life-threatening but they can be very uncomfortable and may require treatment with steroids and antibiotics if the skin eruptions become infected, said Dr. Sharon Jacob, a dermatologist at Rady Children's Hospital, where the boy was treated. Jacob, who co-wrote the report, said the young patient had to miss school because of the rash.

The boy discussed in the Pediatrics report had a common skin condition that causes scaly patches but developed a different rash all over his body that didn't respond to usual

treatment. Skin testing showed he had a nickel allergy, and doctors traced it to an iPad his family had bought in 2010.

Doctors tested the device and detected a chemical found in nickel in the iPad's outside coating.

"He used the iPad daily," Jacob said. He got better after putting it in a protective case, she said.

Whether all iPad models and other Apple devices contain nickel is uncertain; Apple spokesman Chris Gaither said the company had no comment.

Microsoft also declined to comment on whether its devices contain nickel, said spokeswoman Ryan Bartholomew.

THE ASSOCIATED PRESS



Lets hope this person about to touch Apple products at one of the company's stores in 2013 was not allergic to nickel. PATRICK KOVARIK/AFP/GETTY IMAGES FILE

Nickel allergy



This photo shows a rash on an unidentified boy, 11, from a nickel allergy. AMERICAN ACADEMY OF PEDIATRICS/THE ASSOCIATED PRESS

Case reports in medical journals detail nickel allergies from personal electronic devices, including laptops and cellphones.

OMG! Price of cellphone service down ... but only for full-package deals

The price of basic wireless phone service in Canada has gone up 16 per cent since last year, but packages with more features have held steady or gone down, according to an annual study commissioned by Industry Canada and the CRTC.

Industry Minister James Moore said the report's findings show that average wireless prices have come down 22 per cent since 2008 and smartphone plans have fallen even further, with newer carriers substantially less expensive than the bigger, older carriers.

"We are encouraged by the findings revealed in today's independent report, which confirm that our policies for more choice and lower prices are working to support Can-



My, how times change. A text message is sent on a cellphone in 2010 in Montreal. THE CANADIAN PRESS

adian families," Moore said in a statement after the report was released Monday.

THE CANADIAN PRESS

Great Recession in U.S.

Citigroup agrees to \$7B settlement over mortgages

Citigroup agreed Monday to pay \$7 billion US to settle a federal investigation into its handling of risky subprime mortgages, admitting to a pattern of deception that U.S. Attorney General Eric Holder said "shattered lives" and contributed to the worst financial crisis in decades.

The settlement represents a moment of reckoning for Citigroup, which will now be responsible for providing financial support to Americans whose lives were dismantled by the largest economic meltdown since the Great Depression.

THE ASSOCIATED PRESS

Samsung breaks with supplier over allegations of child labour

Samsung Electronics Co. said it has suspended business ties with a Chinese supplier that allegedly hired children.

The South Korean company, which is the world's biggest smartphone maker, said on its blog Monday that it had found possible evidence of child labour and illegal hiring at Dongguan Shinyang Electronics Co.

Samsung said last week it would urgently look into the Chinese supplier following a New York-based watchdog's report that it hired at least five children under the age of 16.

China Labor Watch said children as well as minors under 18 worked at Shinyang for three to six months to meet production targets dur-

ing a period of high demand. The watchdog said the child workers were paid for 10 hours a day but worked 11 hours.

The report detailed 15 labour violations discovered during its undercover investigation.

They included child labour, the absence of safety training, no overtime wages and no social insurance for temporary workers, who constituted at least 40 per cent of 1,200 employees at the Chinese cellphone parts supplier for Samsung.

China Labor Watch's report came shortly after Samsung said its audit found no child labour at hundreds of Chinese suppliers.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
93.33¢
(+0.17¢)

TSX
15,171.23 (+45.73)

OIL
\$100.91 US (+\$0.08)

GOLD
\$1,306.70 US (-\$30.70)

Natural gas: \$4.15 US (-\$0.01)
Dow Jones: 17,055.42 (+111.61)



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XXXS AIN'T NOTHIN' BUT VANITY

They say that size is just a number. And when it comes to clothing sizes, we all know that number is often open to interpretation depending on the brand.

American retailer J. Crew made headlines last week after announcing it would start offering its preppy fashions in a new XXXS size — a numeric size 000. Yes, that's right: THREE ZEROS. According to the brand's global conversion chart, the new smaller-than-ever size is equivalent to a 32 in Italy, a 1 in Japan and a 0 in Australia and the U.K.

Confused yet?

The retailer has been accused of taking vanity sizing to preposterous new extremes with the triple-digit innovation. A spokesman for J. Crew claims they are simply trying to address the demands of their customers in Asia who require smaller sizes.

I understand that clothing manufacturers need to create garments for men and women in a diverse variety of shapes and sizes.



SHE SAYS

Jessica Napier

metronews.ca

But if they're trying to accommodate the needs of petite consumers, wouldn't it make more sense to shift the existing sizes upwards?

Personally I find the whole trend toward unrealistic vanity sizing to be a bit patronizing. There's no need to make up new numbers and manipulate shoppers in order to sell us clothes. I mean, are women really dropping big dollars at certain stores just because they feel validated when they can squeeze into a size-nothing pencil skirt?

In my own closet I have dresses that range from size 2 to 10 and all of them fit me correctly. It's incredibly frustrating — not to mention an enormous waste of time — to haul three sizes into the fitting room every time I go shopping because I'm never sure if the store I'm in considers my body to

be small, medium or large.

Why not categorize tops and bottoms based on their actual bust, waist and inseam measurements? Then again, experience

Feeling like a nothing

Are women really dropping big dollars at certain stores just because they feel validated when they can squeeze into a size-nothing pencil skirt?

has taught me that even labels with numerical inches don't measure up; size-28 jeans can vary drastically across different brands.

Large American chain stores seem to be the worst culprits when it comes to vanity sizing, while smaller boutiques and European retailers tend to list more accurate numbers that can sometimes feel like a rude awakening.

Establishing honest and standardized sizing regulations across all clothing retailers is a radical and impossible dream. Unfortunately, I think we're far more likely to see negative numbers and quadruple zeros in the future before we see big brands concede to a logical solution that would — gasp — force women to buy a larger size.

NO SWAN LEFT BEHIND



A mute swan is measured before being released during the annual Swan Upping census on Monday on the River Thames, South West London. The swans and young cygnets are counted and assessed for any signs of injury or disease. DAN KITWOOD/GETTY IMAGES

Annual Swan Upping census takes place on River Thames

This year's Swan Upping, the annual census of the swan population on the River Thames in England, departed Sunbury on Monday and ends at Abingdon, Oxfordshire, on Friday.

The Royal Swan Uppers travel in traditional rowing skiffs collecting data, assessing the health of young cygnets and examining them for any injuries.

The five-day census dates

back to the 12th century, when the Crown claimed ownership of all mute swans.

Today, the Crown retains the right to ownership of all unmarked mute swans in open water, but the Queen only exercises her ownership on certain stretches of the River Thames and its surrounding tributaries. According to the Queen's swan marker, the swan population has been down in recent years due to disease and flooding that washed away nests, eggs and young cygnets, but the numbers for this year's census are promising so far.

TELEGRAPH.CO.UK

Mmmm, swan

The census started back in the Middle Ages, when swans were considered a food source and were served up at elaborate banquets for dignitaries and other people of wealth.

- Today, of course, swans are no longer eaten, and the census is undertaken strictly for conservation and educational purposes.

METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on page 13 in Scene and page 18 in Sports.

MetroTube

Beach day takes bad turn



ANDREW FIFIELD
andrew.fifield@metronews.ca

There was some very strange summer weather in Russia's Ural region over the weekend.

In Chelyabinsk, which made headlines last year when an enormous meteor exploded in the sky above, temperatures dropped from more than 20 degrees to nearly zero on Saturday — an event capped off by a freak July snowstorm. More frightening, however, was this storm that crashed into Novosibirsk, Siberia. Overtaken by dark clouds, a Saturday of sun-soaked beach time quickly became a sandy, swirling mess that pelted people with painfully large hail as they fled for shelter. (YouTube)



NIKITA DUDNIK/THE ASSOCIATED PRESS

No end in sight for the Guided by Voices crew

Back with a bang. Indie band has had a prolific few years as Tobin Sprout returns to the fold ... and there's no sign of stopping

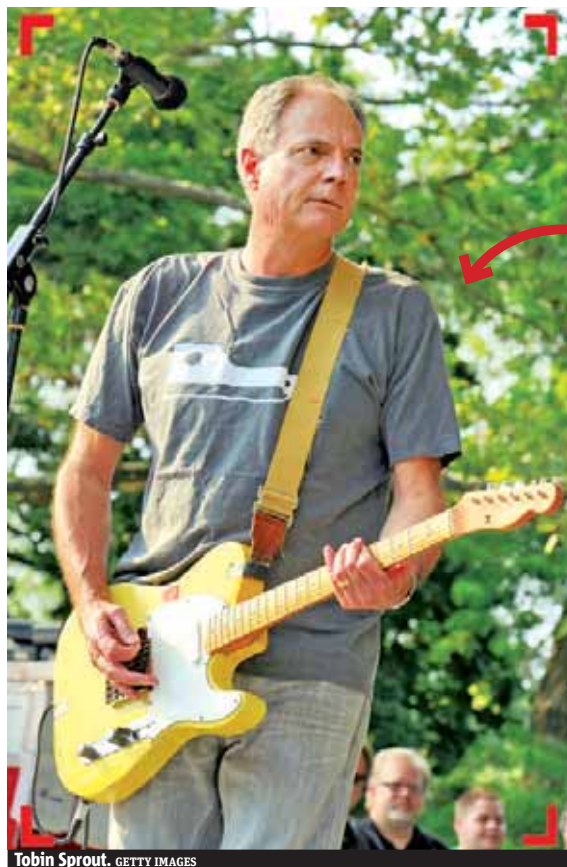
PAT HEALY
Metro Boston

In the new Guided by Voices video for *Bad Love Is Easy To Do*, on the Funny or Die website, comedians Rob Corddry and Brian Huskey play a feuding version of the band's chief songwriters, Robert Pollard and Tobin Sprout, respectively. They look like a gentle 1960s folk duo modelled after Simon & Garfunkel and they fight like brothers.

The song is a burst of saccharine guitar pop worthy of the term "classic lineup" that is being used to describe the GBV that reformed in 2010. Since reforming the band has been recording at a prolific clip that rivals their peak years in their first incarnation, releasing six full-length albums and a whole bunch of singles and EPs in four years. So really, then, how are band relations?

"Things are going well," says Sprout, "we'll just go with that."

It was just about 10 years ago that Bob announced with *Half Smiles of the Decomposed* that it was to be the last GBV album. Happily, he broke that promise, and when GBV re-formed, you were back in



Tobin Sprout. GETTY IMAGES

the fold. Do you think there is an end point to Guided by Voices?

There is no end point now. Working on the next GBV album. We plan to record in the fall. I also have a solo coming out called *The Universe And Me*. We are also seeing younger fans at the shows like 6 years old to 12 and 14, singing all the

words! It's really something to see that, moms and dads holding their kids, singing together.

Did you ever go to GBV shows as a spectator during the years that you weren't in the band?

I saw pretty much every lineup. Mostly would see them when they played Grand Rapids.

AUGMENTED REALITY

→ If you haven't seen the Funny or Die video lampooning Guided by Voices, scan this photo using your Metro News app. Its full of laughs!



→ See the full instructions on Metro's Voices page.

When you did come back to GBV, what was the moment when you knew that it was the right thing to do?

I think it was the right thing to do when I left the band in '96 to be home with my family. It was hard to see GBV go on without me but I'm glad I got to see my kids grow up. It feels a bit like karma that it's gone full circle now, thanks in part to *Matador* (GBV's label during their formative years).

The most powerful visual for Robert Pollard's songwriting I've ever heard is that line about a suitcase with more than 1,000 songs in it. Have you ever seen the legendary suitcase?

I saw it a long time ago, pre-CDs, some were even on small reel to reel. I remember Bob had a recorder he borrowed from his school, it sounded really good. One mic one track.

While we're talking numbers, how many beers would you estimate that GBV has drank onstage over the years?

I have no idea! Too many to count.

DVD review



The Raid 2

Director. Gareth Evans

Stars. Iko Uwais, Yayan Ruhian

In the original *The Raid*, action star Iko Uwais was a beacon of light shining from a dark tower. As good cop Rama, trapped in a Jakarta apartment building teeming with gangsters and corrupt police, he fought his way up one floor at a time. It was exhilarating to watch. By opening the action up to the entire city for the sequel, there's less claustrophobia and also less excitement. Writer/director Gareth Evans tries to compensate for this by having Rama pummel his way out of innumerable squeezes, including a prison toilet stall and a speeding car, but it just isn't the same. The decision to reduce the thrills while upping the gore was the wrong way to go. This once promising franchise may have announced its own epitaph in the words of one combatant: "I'm done." Extras include one deleted scene and several making-of featurettes.

PETER HOWELL

Television

Bey and Jay tour headed to HBO

HBO is to air a concert special this fall as part of Beyoncé and Jay Z's ongoing *On the Run* tour.

The program will be filmed during the duo's concerts at the Stade de France in Paris on September 12 and 13 — their only scheduled dates outside North America and the last shows of the tour. Paris was previously the setting of Beyoncé and Jay Z's video for *Partition*, filmed at the city's Crazy Horse cabaret.

More than 40 songs will be featured in the TV special, which was announced at the Television Critics Association Press Tour on Thursday and reported by Deadline.

Both stars have partnered with HBO on numerous occasions: Jay Z aired his performance art video *Picasso Baby* on the channel last August, while Beyoncé partnered with the network for her 2013 documentary *Life Is But a Dream* and is currently starring in a 10-episode miniseries on the channel called *X10* featuring clips from her *Mrs. Carter Show* World Tour.

AFF



Robin Thicke
GETTY IMAGES

Robin Thicke. Aussie ears are deaf to singer's pleas for ex-wife Paula

Robin Thicke — who we would like to remind you had an international mega-smash last year with *Blurred Lines* — has reportedly only sold 54 copies of his latest release *Paula*, in Australia. You might think, "Oh, well, maybe they just don't get him *Down Under*," but you'd be wrong. The *Blurred Lines* single went eight-times Platinum in Australia in 2013.

But according to news.com.au, Thicke's album pleading for

his wife back just did not resonate quite the same way in its first week of release. To put it in perspective, when a recording goes Platinum in Australia, it means it has sold 70,000 units, which is a bit different from the U.S. designation of Platinum, which means it has moved a million units. This means that 0.00009643 per cent of the people who bought *Blurred Lines* in Australia have bought *Paula*. PAT HEALY/METRO

2 SCENE

Will a stage and a spotlight help us to take Lindsay seriously?

Lindsay Lohan just wants to be considered a serious actress, guys. Just after announcing her West End stage debut — in David Mamet's *Speed the Plow* — later this year, Lohan tells the BBC she wants to be taken more seriously. "People have certain perceptions of me. For a long time,

people looked at me as kind of a celebrity, which is something I never wanted," she says, saying that she's turning to the London stage "so that people can focus on the fact that I'm in this industry because I'm an actress and an artist and not just someone you take photos of."

Twitter



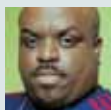
@rihanna

I touched the cup, held the cup, kissed the cup, took a selfie wit the cup!!! I meeeaan..... what is YO bucket list looking like bruh?



@NiallOfficial

Congratulations to Germany! Totally deserved to win it! The most exciting team to watch!



@CeeLoGreen

Chipotle.



Shia LaBeouf ALL PHOTOS GETTY IMAGES

I wish him Mel: Shia's got a friend in Gibson

Despite all his recent troubles, Shia LaBeouf has at least one supporter in his corner, though it may be a mixed blessing. "When I see someone like Shia LaBeouf with the bag on his head and stuff, my heart goes out to the poor guy," Mel Gibson tells *Indiewire*,

referencing LaBeouf's "I'm not famous anymore" stunt from earlier this year. "I think he's suffering in some way, or why would he do that?" He's actually suffering in several ways, having been arrested in New York last month and reportedly seeking rehab treatment. "People are inclined to point the finger at him and say like, well he's this, that or the other," Gibson elaborates. "It's easy to judge. But I'm sure he's going through some kind of personal, very painful, cathartic thing that he has to exorcise and get out there. He'll probably play it out and come back, whatever it happens to be. He'll be all right. I actually like the kid. I think he's good."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Heigl's perilous path toward a more pleasing public persona



NED EHRBAR

Metro World News in Hollywood



While presenting her new series, *State of Affairs*, to TV critics this week in Los Angeles, Katherine Heigl was asked point-blank about those pesky reports that she's "difficult to work with." Katie, don't do it! It's a trap! There is no good way to answer this! Oh drat, here we go: "I can only say that I don't see myself as being difficult and I don't intend to be difficult," she responded. "I think it's always important to everybody to conduct themselves professionally and respectfully and kindly. So if I have ever disappointed somebody, it was never intentional."

Here's the problem, Katie. All anyone takes away from that answer is, "I don't see myself as being difficult," which just makes you sound more difficult but also now a bit af-

fronted. This kind of public image nightmare you've had going on for a while now is like quicksand. The more you struggle, the worse it gets. No matter what you say about your reputation for being difficult, it will only reinforce people's idea that you're difficult. I don't necessarily know what the answer is. Maybe you should be more of a klutz in public or get a new puppy or something. Or just, you know, stop talking.

Raptor Domestic Medium Hair

Eight-year-old Raptor looks like a big tough Tom cat but he's really a sweet Teddy bear who is not afraid to show his feelings. Raptor, who was found a stray by a kind citizen, is a chatty guy who will chirp and trill to let you know he is ready for your attention. He not only enjoys being petted, he likes to be picked up and shows all the promising signs of being a snuggler. Don't be fooled by the tough-guy exterior ... **meet Raptor for yourself and experience his endearing cuddly nature...**



For more information on **Raptor** and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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Caution: Dangerous curves ahead

Fitness. Two experts weigh in on obtaining the seemingly elusive hourglass figure

IZABELA
SZYDLO
life@metronews.ca

If abs are made in the kitchen, curves are carved out in the gym's weight training section.

And despite misconceptions that women will end up looking like Arnold Schwarzenegger if they lift weights, it is physically impossible to do naturally. "It will never happen accidentally," says Lyza-beth Lopez, award-winning personal trainer, holistic nutritionist and owner of Toronto-based fitness facility Hourglass Workout, which helps women attain the hourglass silhouette. "You need to be supplementing properly and training hard to gain a body builder's physique."

Your approach to curves will, however, depend on whether you are slim and wish to gain curves or are curvy and wish to accentuate your curves.

Creating Curves

Lynn Calmeira is a certified personal trainer, TRX suspension training team coach and boot camp instructor in Ajax, Ont.

She says slim women wanting curves must be prepared to get off the treadmill. "You can do cardio like a hamster on a wheel but unless you lift, your body will never be shapely," she says.

She recommends a 10-minute warm-up; weight lifting with an alternating focus on the upper or lower body for each session, and 20 minutes of high intensity interval training to finish. Add to that formula



Lyza-beth Lopez, personal trainer and owner of Hourglass Workout, performs a squat. WENDI SATTO

"periodization" and patience, and you will see results, she insists.

"Periodization means you take a month to go into a build

phase," Calmeira explains, "during which you lift a little bit heavier and do fewer repetitions. After that month, you lower the weight and increase

your reps to chisel that muscle you built. First you're building, then you're shaping."

Among her favourite curve-creating workouts, Calmeira

includes power moves such as squats and dead lifts. "It is hard for women to gain curves, so when you decide to do it, it's just lift, eat clean, lift, eat clean," she sums up.

Accentuating Curves

If you have Kim Kardashian curves hiding under a layer of fat, there is no reason to build (or "bulk"). Instead, you want to take off fat while sculpting the muscle underneath.

Lopez, who also offers an online program called Train with Lyza-beth, explains, "You can't just say keep (the fat) here, go away there. Instead, you focus on isolated and compound movements, especially for your glutes. You go heavy enough and you do enough sets to make sure the muscles are growing. So, everywhere is getting slimmer but your bum is staying the same size, making it look bigger and giving you the hourglass silhouette."

Developing your glutes may not mean doing heavy squats either. If you have thick thighs and want them to get thicker alongside your butt, heavy squats are for you. If, however, you want lean legs and a round bum, Lopez recommends a different approach. "We do Pilates in class, which gives a lean, long look to the leg. Then we do isolated glute movements and work the posterior chain."

Among effective exercises for curvy women, Lopez lists lunges (she rotates 20 types), plyometric movements (box jumps) and heavy moves (dead lifts, cable glute kickbacks).

Be wary, Lopez cautions, of reversing your progress during cardio. She says running without an incline on a treadmill will flatten your booty. Instead, she and Calmeira agree that the stair climber is a great form of cardio because, in addition to training your heart, it works the thighs and glutes.

3
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TOP
SIX@6

Weeknights at 6 KB counts down the HOTTEST songs of the day

- 6 Kesha Hideaway
- 5 Maroon 5 Maps
- 4 Pharrell Williams Come Get It Bae
- 3 Demi Lovato ft Cher Lloyd Really Don't Care
- 2 Disclosure ft Sam Smith Latch
- 1 Ariana Grande ft Iggy Azalea Problem

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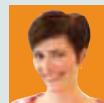
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Shrimp make a splash in quinoa, arugula and asparagus salad

Health Solutions

Prepare for nutritional lift-off with this healthy rocket



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Arugula is one of the most versatile greens in the produce aisle.

It is frequently used in both hot and cold dishes at Ste. Anne's Spa in Grafton, Ont., where fresh and nourishing is a key priority.

Chef Christopher Mark says the secret to spa food is "to serve small portions of highly nourishing food with intense flavours throughout the day."

The idea being that high-nutrient, delicious food sustains and supports all that cleansing and resting we so desperately need.

Arugula is sometimes called rocket for its shape and zippy taste and there are loads of ways to work it in:

- Top a pizza just as it comes out of the oven
- Stir into any soup at the last minute
- Use alone or as a mix in salads
- Add to grain side dishes to

stretch the carbs and add flavour

- Use as a fresh herb to top pasta dishes
- Add a handful to smoothies in place of spinach or kale

What all dark leafy greens have in common is fibre, vitamin K and A. But they also serve up more eye-protecting zeaxanthin and lutein than carrots.

Bugs Bunny would probably have looked funny carrying around a handful of arugula, though; best he stuck with carrots. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



Salad Spotlight.

Metro's week of lightening your plate continues with the perfect hint of seafood

THERESA ALBERT
myfriendinfood.com

Shrimp is one of the quickest weeknight meals around, and the quinoa salad that goes with it here is perfectly complemented by sweet quinoa and peppery arugula.

Use raw black tiger shrimps that have been peeled and deveined. Thaw shrimp running under cold water for 10 minutes if it's frozen, then dry using paper towels.

Chef Christopher Mark at Ste. Anne's Spa in Grafton, Ont. says he uses arugula here for its

Ingredients

Raspberry and Balsamic Compote

- 1/2 cup balsamic vinegar
- 1 tbsp honey
- 1 pint fresh raspberries

Quinoa and Asparagus Salad

- 3 cups water
- Bunch (1/2 lb) garden asparagus, trimmed and cut into 2-inch pieces
- 1 cup red quinoa
- 6 cups arugula (1 1/2 per person)
- Dollop of butter
- 1 lb black tiger shrimp, peeled and deveined (thawed if frozen)
- Salt and pepper, to taste
- 2 yellow bell peppers, sliced
- 1 cup grape tomatoes



START TO FINISH
25 MINUTES

Pan-seared Shrimp, Quinoa, Baby Arugula Garden Asparagus Salad with Raspberry and Balsamic Compote serves four. THERESA ALBERT

surprising but soft bite, which pairs well with sweet berries.

1. Add balsamic vinegar to a small pot and begin to reduce over medium heat. After about 5 mins., the vinegar will take on a syrup consistency. When it does, add honey and raspberries. Mix and let simmer until raspberries have cooked and broken down for 5 more minutes.

2. Bring 3 cups of water to a

boil, drop asparagus pieces into pot to blanch for 2 minutes. Remove with a slotted spoon. Place quinoa into same pot and bring to a boil; reduce to a simmer for approximately 15 mins. Season with salt and pepper. Stir in raspberry compote and cooked asparagus.

3. Wash baby arugula and let air dry on top of a clean kitchen cloth or paper towel.

4. Preheat a pan over medium heat for approximately 1-2 min-

utes. Add a dollop of butter to the pan and place shrimp in. Lightly season with salt and pepper. Flip sides after 2 mins. and cook for another 2 mins.

5. Place 1 1/2 cup baby arugula on each plate followed by some quinoa mixture, bell peppers, tomatoes and shrimp.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

A spotlight-stealing barbecue sauce

1. In saucepan over medium-high, bring water to boil. Add couscous and 1 tsp salt. Stir,

cover and reduce heat to simmer. Cook 10 mins, or until the couscous is plumped and ten-

der and all of water is absorbed. When couscous is done, transfer to bowl. Set in refrigerator

to cool for about 15 mins.

2. Once couscous cools, add cucumber, onion, garlic and cilantro. Toss then drizzle with olive oil and lemon juice. Toss, season with salt and divide between 6 serving plates.

3. Coat grill grates with oil or cooking spray, then heat the grill to medium-high.

4. Thread shrimp onto bamboo skewers, 7 shrimp per skewer. Use pastry brush to lightly

baste shrimp with half of the barbecue sauce. Grill shrimp 3 minutes per side, or until just pink and firm. Set skewers of shrimp over each serving of couscous. Sprinkle each serving with feta cheese.

Maple-Bourbon Sauce

1. In saucepan over medium-high, whisk all ingredients. Bring to simmer, then lower the heat to just maintain a gentle simmer. Cook until thickened and reduced by half, about 20 mins. **THE ASSOCIATED PRESS**



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 1/2 cups water
- 12 oz pearl couscous
- Kosher salt
- 1 English cucumber, diced
- 1/2 small red onion, minced
- 2 cloves garlic, minced
- 3 tbsp chopped fresh cilantro
- 1 tbsp olive oil

- Juice of 1 lemon
 - 2 lb jumbo raw shrimp, peeled
 - 1/2 cup sauce (see recipe below)
 - 4 oz crumbled feta cheese
- Maple-Bourbon Barbecue Sauce**
- 6-oz can tomato paste
 - 1 cup bourbon
 - 1/2 cup each cider vinegar,

- packed brown sugar, maple syrup
- 1/4 cup soy sauce
- 2 tbsp each molasses, Worcestershire sauce, Frank's Red Hot sauce
- 2 tbsp each smoked paprika, garlic powder, onion powder
- 1 tsp each ground cumin and mustard powder

NHL

Port Hawkesbury's Johnson signs contract with Sens

Nova Scotia native Aaron Johnson has inked a deal with the Ottawa Senators.

The 31-year-old defenceman from Port Hawkesbury



Aaron Johnson
GETTY IMAGES FILE

has signed a two-way contract for next season, reportedly worth \$800,000 if he plays in the NHL and \$200,000 if

he sticks at the AHL level.

Johnson spent the 2013-14 season with the Hartford Wolf Pack, the AHL affiliate for the New York Rangers, ranking second among blue-liners and fifth among players in scoring with four goals and 36 assists for 40 points in 76 regular-season games.

Johnson has bounced back and forth between the NHL and AHL since first being drafted 85th overall in 2001 by the Columbus Blue Jackets. His last stint in the NHL was 10 games with the Boston Bruins during the 2012-13 campaign.

He has also played for the Calgary Flames, Chicago Blackhawks, Edmonton Oilers and New York Islanders, collecting 62 points in 291 NHL career games. **METRO**

Tennis

Tickets for Davis Cup on sale today

Ticket Atlantic is serving up admission to the Davis Cup starting today.

The playoff men's tennis match between Canada and Colombia takes place Sept. 12-14 at the Halifax Metro Centre.

The winning country will stay in the World Group for 2015, while the losing country will be relegated to Americas Zone Group I, a place Canada has not played in four years.

Both the provincial and municipal governments have doled out \$65,000 in grants to bring the tie to Halifax, marking the highest level tennis event the city has ever hosted.

Capacity will be about 4,500, with limited premium box seating available. Tickets ranging from \$25 to \$125 go on sale at 10 a.m., according to ticketatlantic.com. **METRO**

Auditioning to wear the Maple Leaf crest

Carly Jackson. Amherst goalie on short list to crack national women's U18 team

KRISTEN LIPSCOMBE
kristen.lipscombe@metronews.ca

For Carly Jackson, there's something special about minding the net.

"You always get to be part of the game," the 17-year-old goalie from Amherst said Monday.

"I like being able to contribute, and help as much as I can."

Her position between the posts has been made even more special by a recent invitation to attend the upcoming selection camp for Canada's National Women's Under-18 Team, taking place Aug. 7 to 17 in Calgary.

That means she's being considered for the roster that will wear the red and white at the 2015 IIHF Ice Hockey U18 Women's World Championship in Buffalo, N.Y., next January.

Jackson is one of six goalies and 42 players from across the country invited to the prestigious camp being held at Hockey Canada's home arena.

"We take pucks to the head occasionally," she added with a chuckle, of doing everything she can to keep that hard rubber disk away from the goal-line, no matter what team she's on.

Her hockey resume includes playing with the Cumberland County midget AA boys, as an affiliate for the Weeks Major



Carly Jackson played in the 2013 National Women's Under-18 Championship as a member of Team Atlantic, last November in Calgary. **HOCKEY CANADA IMAGES**

Quoted

"It would be a privilege and an honour to wear that jersey." Amherst goalie Carly Jackson on trying out for the national women's U18 team

Midget boys, for Team Nova Scotia at the Atlantic Challenge Cup and for Team Atlantic at the National Women's Under-18 Championship.

Jackson said it first sunk in that she's taking small steps on the road to a big dream when she attended a recent national strength and conditioning camp. It was held in Hamilton, Ont., in May for 53 of the top

young female players from across the country.

"I just clued in, and realized that this is a huge opportunity," she said. "I plan to take in everything I can and do my best."

Jackson said she's preparing for the upcoming selection camp by "training hard, resting up ... and eating properly."

"A lot of young girls' dream

National attention

Two other Nova Scotian female players have been invited to an upcoming selection camp. Blayne Turnbull, 20, of Stellarton and Jessica Wong, 23, of Baddeck are in the running for Canada's National Women's Development Team.

is to play for Team Canada at the Olympics and win the gold medal," she said. "That's definitely a goal for me."

'It sets a goal that girls can look to'



Jessica Wong of Baddeck
HOCKEY CANADA IMAGES

Role models are pivotal to the growth of the female game, Hockey Nova Scotia says.

"It sets a goal that girls can look to," the executive director of Hockey Canada's provincial branch, Darren Cossar, said Monday of three young women receiving invitations to attend national selection camps in Calgary.

Carly Jackson of Amherst has been asked to try out for Canada's National Women's Under-18 Team, while Blayne Turnbull of Stellarton and Jessica Wong of Baddeck have been invited back to work for

a spot on Canada's National Women's Development Team.

"Girls from this end of the country can achieve that (benchmark)," Cossar said. "We haven't cracked that full national team yet; that's our goal."

Nova Scotia continues to produce more skilled female players at younger ages, he added.

"We're finding at our under-18 level, the under-15 kids that are just moving in, they're very competitive at that level."

But the growth of the fe-

male game is slower than Hockey Nova Scotia would like to see, and geography is still a challenge for playing competitively, he added.

"We continue to lose 25 to 30 girls a year that go away ... between bantam and midget," Cossar said.

Initiatives such as a provincial leagues at the top peewee and bantam levels and a new registration process to form regional teams will allow female players to compete "with other girls of the same skill set," he said.

KRISTEN LIPSCOMBE/METRO

Brazil comes up lame on the pitch, great off it

Beating all odds.

Shockingly humiliated at soccer, hosts pull off a surprisingly well-organized World Cup

For Brazil, it was the upside-down World Cup.

Brazilians lost at what they were certain they would win — soccer — and won where so many expected failure: organization.

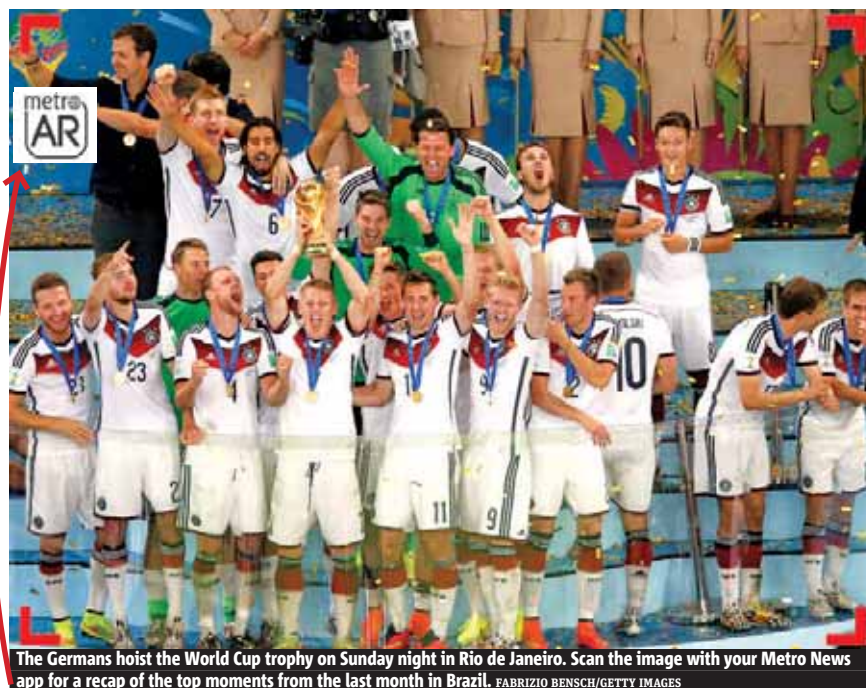
For years, the country's government has endured gruelling criticism from FIFA over severely delayed stadiums. Leaders rode out a wave of protests last year over billions spent on the tournament despite poor public services. Foreign tabloids warned fans of man-eating snakes and violence, while domestic newspapers grilled officials over every imaginable aspect of cup preparations.

Serious doubts remain about corruption related to World Cup works, whether the country will see economic benefits from hosting the games and whether dozens of infrastructure projects promised as the biggest legacy of the event will ever be completed.

But there is no question that the world saw a smoothly run, exuberant sporting spectacle surpass all expectations.

"I think it's been awesome," said Scott Zapcysky, a 39-year-old jiu-jitsu instructor from Michigan, as he took in the final match at the Fan Fest on Copacabana beach Sunday night. "I thought it was going to be an enormous disaster, to be honest. But it looks good. I think people are really happy."

Brazilians would disagree with him on one point: they



The Germans hoist the World Cup trophy on Sunday night in Rio de Janeiro. Scan the image with your Metro News app for a recap of the top moments from the last month in Brazil. FABRIZIO BENSCH/GETTY IMAGES

were crushed by their team's historic 7-1 loss in the semi-finals, followed by a 3-0 drubbing in the consolation game.

Still, President Dilma Rousseff took clear delight in the cup's success and in handing her critics a plate of humble pie.

Speaking to a group of foreign journalists on the eve of the tournament's close, she said she had never seen an event that faced such intense scrutiny.

"Well," she said, "we've eliminated the doubts of all who didn't believe in us."

Rousseff also said the success of the cup gives the country confidence in its ability to pull off its next mega-event, the 2016 Summer Olympics in Rio. **THE ASSOCIATED PRESS**

Quoted



"I would have liked to bring you back the cup and to be able to enjoy it. We tried, we gave it our all but we couldn't achieve it."

Lionel Messi, upon returning to Argentina on Monday



"Brazilian football has to evolve in general."

Brazilian right back Daniel Alves, after Brazil's dismal end to its home World Cup



"I am not at all happy with the way we fought against racism."

FIFA president Sepp Blatter, on how racism incidents were dealt with at the World Cup



Cespedes dominates derby

Oakland Athletics slugger Yoenis Cespedes watches one of his home runs leave the park during the MLB all-star home run derby on Monday night in Minneapolis. Cespedes beat Cincinnati's Todd Frazier 9-1 in the final round to clinch the home run crown. **ELSA/GETTY IMAGES**

MLB. A-Rod sued by attorney's firm for alleged unpaid legal fees

Alex Rodriguez is facing a new challenge: He is being sued by his own lawyer.

Attorney David Cornwell's law firm filed papers Monday in Manhattan federal court saying the New York Yankees star owes more than \$380,000 related to their work fighting his steroid suspension.

As first reported by The Daily News, the firm also is seeking pre-judgment interest and attorney fees that could increase the amount to half a million dollars.

Rodriguez was suspended for the 2014 season as a result of a drug investigation by Major League Baseball. He has said he plans to rejoin the Yankees in 2015.

Rodriguez admitted in 2009



Alex Rodriguez GETTY IMAGES FILE

that he used banned substances from 2001 to 2003 while with Texas, before baseball had penalties in place for PEDs. But he has denied using them since.

THE ASSOCIATED PRESS

NHL

Dineen lands gig with Blackhawks

Kevin Dineen, who coached Canada's women's hockey team to a gold medal at the Sochi Olympics, has returned to the NHL as an assistant with the Chicago Blackhawks.

Dineen had been head coach of the Florida Panthers for two-plus seasons before being fired last fall.

THE CANADIAN PRESS

NBA free agency

Bulls clear cap space to bring in big man Gasol

The Bulls sent forward Anthony Randolph, two second-round draft picks and cash considerations to Orlando for the rights to Milovan Rakovic and also traded forward Greg Smith to Dallas for the rights to Tadija Dragicevic, setting the stage for the addition of free-agent centre Pau Gasol.

THE ASSOCIATED PRESS

Hockey Canada. Report: Renney new president/CEO



Tom Renney GETTY IMAGES FILE

Tom Renney will be named Hockey Canada president and CEO, a source tells The Canadian Press.

Renney, who previously was an associate coach on Mike Babcock's staff with the Detroit Red Wings, will replace Bob Nicholson, who resigned earlier this year.

The announcement is expected to take place Tuesday afternoon in Calgary.

Renney is a well-respected hockey person with 17 years

of coaching experience in the NHL, WHL and internationally. He spent the past two seasons with the Red Wings.

Before that, Renney was head coach of the Edmonton Oilers, New York Rangers and Vancouver Canucks. The 59-year-old Cranbrook, B.C., native served as head coach of Team Canada for two years, including the 1994 Olympics, after two seasons behind the bench of

the WHL's Kamloops Blazers. Renney also served as Rangers' director of player personnel and vice president of player development.

His history with Hockey Canada is a long one. In addition to winning a silver medal at the 1994 Olympics, Renney has coached Canada in 10 world championships and also served as vice president of hockey operations in 1998 and 1999.

THE CANADIAN PRESS

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Certain people have been difficult to deal with of late and the situation is unlikely to improve until the end of the week. Stay calm. Everything moves in cycles.

♉ Taurus

April 21 - May 21

The more others try to persuade you there is nothing to worry about the more you wonder what they are trying to hide. The planets suggest you need to be careful.

♊ Gemini

May 22 - June 21

Even if your current situation is not as good as you would like it to be it won't be long before it improves, so don't be so pessimistic.

♋ Cancer

June 22 - July 23

You know what needs to be done – now all you have to do is do it. If you don't act now a golden opportunity will pass you by.

♌ Leo

July 24 - Aug. 23

Stop worrying about all the things that could go wrong in your life and start looking forward to all the things that will surely go right.

♍ Virgo

Aug. 24 - Sept. 23

Take care when dealing with money matters and business issues. Whatever else you do or don't do today don't let anyone make important financial decisions for you.

♎ Libra

Sept. 24 - Oct. 23

Your situation is not as bad as you think and what happens over the next week will prove it. Make a conscious effort to look on the bright side.

♏ Scorpio

Oct. 24 - Nov. 22

It might be wise to keep some of your more outrageous opinions to yourself over the next 24 hours. Not everyone shares your ability to see what is really going on in the world.

♐ Sagittarius

Nov. 23 - Dec. 21

Someone seems to believe that you are an easy touch. Are they in for a shock! It's time to be a bit more miserly, both with your affections and your money.

♑ Capricorn

Dec. 22 - Jan. 20

Don't feel bad if life seems to be rather low key just now. Things are sure to pick up as the week progresses. Be patient and wait for your chance to shine.

♒ Aquarius

Jan. 21 - Feb. 19

What you say and do over the next 24 hours will remind certain individuals you are not eager to conform. They won't take you for granted again!

♓ Pisces

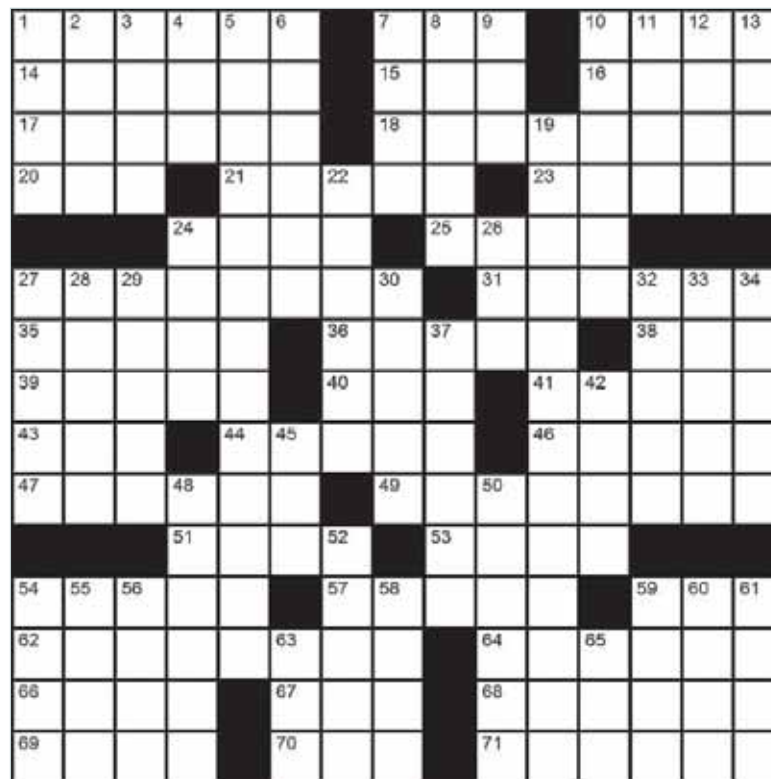
Feb. 20 - March 20

All things are possible if you believe in yourself. Keep that thought in mind today and you might just accomplish something out of the ordinary.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Nickname of Ryan Reynolds' first actress wife
7. Kilos opposites
10. Invitee's official 'yes'
14. Particular planet
15. Battery size
16. Vitality [abbr.]
17. Quagmire
18. The ____ (1945 novel by Gabrielle Roy)
20. Crime-fighting force in Ontario
21. Microwave device
23. Scheming Shakespeare roles
24. Questionable
25. Adroit
27. Cathedral's frightful spout
31. Prefix to 'scope' (Doctor's instrument)
35. "I'll have ____" (Bar order)
36. Love Story author Mr. Segal
38. Conger ____
39. Oyster jewel
40. Human with a habit?
41. Sticks
43. "Lucky Man" gr.
44. Skillful
46. Purpose
47. Fireman's forte
49. "Surfin' Bird" by The ____
51. Prefix to 'culture'
53. Jim Davis dog
54. "SCTV" character Ms. Prickley



57. "Suddenly ____"
59. Graduate's degree, e.g.
62. Saskatchewan village, seemingly a gardener's delight
64. Frozen sweet treat
66. "... ____ take

- arms against a sea of troubles..." - Hamlet
67. Comedian Mr. Sparks
68. "The Jeffersons" star Ms. Sanford
69. Tailoring line
70. " ____ La La" by

- Manfred Mann
71. Lake Ontario city

Down

1. ____ wrestler
2. Farmer's yield
3. U.S. 50+ org.
4. Cellular stuff
5. Montreal comedy festival: 3 wds.
6. Harden into bone
7. Behind
8. John __, Canada's Foreign Affairs Minister
9. ____ Antonio, Texas

10. Empathize
11. Close-fitting
12. Nix
13. Top exec.
19. 1970 novel by Robertson Davies: 2 wds.
22. Montreal-born actress, ____ Dinh-Robic
24. Bob __, Disney CEO
26. Techie bailout key
27. Visibly starstruck person
28. White poplar tree
29. Harvests
30. Combust
32. ____ (Coffee break time)
33. Foliaged fence
34. Actress Elizabeth
37. Puny prefaces
42. "This ____" (Man's phone reply)
45. ____ Spiegel (German news magazine)
48. Feline's world, say
50. Leisurely music tempo
52. Basketball great Mr. Thomas
54. Some are inflated
55. __, __, mi, fa...
56. Speck
58. "The Producers" (2005) role
59. The Who's " ____ O'Riley"
60. Goulash
61. Pop
63. Canadian actress Sandra, and surname-sakes
65. ____-di-dah

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

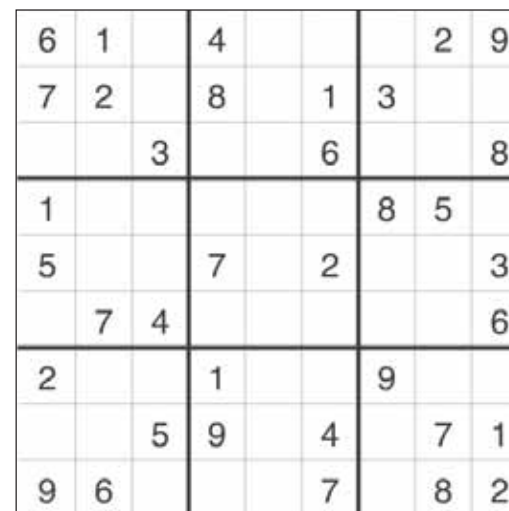


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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